***Race day – What to expect?***

This is an outline guide for all Racers & Parents to how Race Day is usually planned.

Race Day is an exciting day for the Trainees, Parents & Coaches. Participating in Races allows the Trainees to challenge themselves using their skills that they have developed during training. Race Day is a fun and organised environment where the racer and their friends have the opportunity to race on timed courses while allowing them to measure their performance. Each Race will consist of usually a minimum of two runs on the day for the individual racer.

**Race Day Programme -**

* Arrive at Venue – When you arrive at the mountain in the morning, before you leave the car make sure you take the right race equipment with you for the day - is it Giant Slalom (GS) or Slalom (SL) racing today?
* 7.45-8am - Meet the Coaches – At the race venue you need to seek out your coach at the pre-arranged meeting point and time.
* 8am - Registration and Bib Collection – You must register yourself at the Race Registration Office on the day and this is where you will also collect your Race Bib. Your coach will advise and assist you with this on the day.
* 8.45-9.30am - Course Inspection – before racing takes place all racers are able to inspect the race course. This is done with your coach in your team group. The team will meet at the top of the course, where confirmation will be given that the course is open for inspection. Your coach will guide you through the course inspection, which will cover the course layout including start area, the course set, including understanding gate combinations or direction changes, key gates and the finish line/area.
* 9.30 - 11.00 - 1st Run – It’s important to arrive at the start in plenty of time to get yourself in race mode and also check your kit.
* A Forerunner(s) is sent to test the course first. The racer will then be called into the Start Gate by their bib number. Your coach will be on hand to give you support and race advice. The race Starter will give you a ‘Ready’ instruction, followed by a ‘Go’, when you can then launch yourself out the start gate & onto the course!
* 11.00 - Lunch – Usually lunch is taken after 1st run. This will be arranged with your coach & team, with an agreed organised place for lunch, with Parents very welcome to meet up with racers & join in at lunch break.
* 12.30 pm - 2nd Run Course Inspection - again this is undertaken in your team with your coach. The 2nd course is usually a reset course, so will be a different layout to the 1st run. Your coach will guide you through this 2nd course inspection.
* 13.00 – 14.30 - 2nd Run – A Forerunner is sent to test the course. The racers will then be called into the Start Gate as before.
* 15.00 - Bib Return – all bibs must be returned to the arranged Bib return area at the end of race.
* 16.00 Onwards - Results & Prize Giving – this venue will be confirmed in the race bulletin or by the organising committee on the day; confirm with your coach where this is.

Note all timings are approximated; these may change due to weather and unforeseen delays on the day.

**Further race information -**

Races for the Trainees are divided into their training age groups

**U18, U16, U14** & will all generally race on the same course, with their start position determined by their allocated Bib numbers and age group. Racers in this category are required to be registered with their home nation eg Snow Sports Scotland, who will issue a Race License number to the individual racer for the year. These races are categorised as BASS races (British Alpine Seeding System) & are classified as ‘Seeded’ races; Seeded races allowing the racer to accumulate seed points over the course of the BASS calendar (Dec 1st – 1st May). Courses are set to the British Competition Rules (BCR).

Further info on the BCR rules can be found at <https://gbski.com/rules.php#BCR>

**U12 - U10 (Bairns)** – the Bairns races can be of the following formats – a Slalom set or Kombi set courses.

SL courses consist of a series of quick turns & will be set with Stubby gates.

Kombi courses are a combination of SL & GS course sets creating a flow of turns. It is recommended that SL skis are used for SL/GS Kombi courses.

Race Days require an early start in the morning, usually meeting the coaches between 7.45-8am; please also allow time for travel in the morning to the venue. (Sometimes due to road & weather conditions meeting times may change to later in the morning, this will be communicated out by our media as required).

Remember to bring a packed lunch and any extra warm clothes/jackets that you may need.

Race Days are a great day for the whole family and friends to get involved. The organising and running of races are all done by volunteers, with lots of opportunities for parents to get involved. **Race organisers are always looking for help on these race days**, so if you are interested in helping in either the BASS or Bairns races, please let the race organisers know. You don’t need to have a detailed knowledge of how the event is run as you learn as the day progresses. There are a variety of roles available, including Gate Judge, Start/Finish Marshals, Timing Team or Course Crew which may be of interest. Being a part of the race day allows parents, family and friends to really get close to the action. If you’re interested in helping at these race days please let the organising committee know during the registration process or by contacting them directly on the day usually at the Race Registration Office.

Race Day is a culmination of all the great training that the racers have put in, combined with fitness and ski preparation. There may be questions that trainees & parents have in the run up to race day so please ask the coaches who are very happy to help answer & guide with further advice.

**Ski Servicing and Race Preparation** – Another important area for not only race day, but also generally through the ski season is the preparation and servicing of skis. The club organises and hosts a series of ski prep sessions that trainees and parents are very welcome to attend. This will give a good level of understanding to what is required to maintain and look after your skis. These sessions are open to skiers of all level and are a great opportunity to keep up to date with ski servicing techniques. These dates will be notified out by the club.